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Grisé

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(54) **ANTI-FATIGUE COMPOSITION**

(71) Applicant: **Michel Grisé**, Mont St-Hilaire (CA)

(72) Inventor: **Michel Grisé**, Mont St-Hilaire (CA)

(73) Assignee: **Michel Grise**, St-Hilaire, Quebec (CA)

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Primary Examiner — Chris R Tate

Assistant Examiner — Russell Fiebig

(74) *Attorney, Agent, or Firm* — Benoit & Cote Inc.

(57) **ABSTRACT**

The present invention relates to a food supplement composition for reducing fatigue, and/or improving recovery and resistance to fatigue. The composition comprised of collagen hydrolysate, blueberry extract and liquorice extract.